



Elimination Diet Food Guide

Eliminating specific foods such as gluten, dairy, soy, corn, milk, whey, and processed foods can help identify potential triggers for various health conditions, including digestive issues, headaches, low energy, and more.

Below is a categorized list of food suggestions for an elimination diet.

Proteins

- Grass-fed beef
- Organic chicken and turkey
- Wild-caught fish (e.g., salmon, cod, mackerel)
- Pasture-raised eggs (if tolerated)
- Game meats (e.g., venison, bison, duck)
- Shellfish (e.g., shrimp, scallops, mussels)

Legumes

- Lentils (red, green, black)
- Chickpeas (garbanzo beans)
- Black beans

- Pinto beans
- Cannellini beans
- Split peas

Nuts and Seeds

- Almonds
- Cashews
- Walnuts
- Pecans
- Pistachios
- Sunflower seeds
- Pumpkin seeds
- Flaxseeds
- Chia seeds
- Hemp seeds

Non-Dairy Alternatives

- Almond milk (unsweetened)
- Coconut milk (full-fat or light)

- Cashew milk (unsweetened)
- Hemp milk
- Oat milk (gluten-free)
- Coconut yogurt (unsweetened)
- Almond yogurt (unsweetened)
- Nutritional yeast (for a cheese-like flavor)

Fats and Oils

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Ghee (clarified butter, if tolerated)
- Flaxseed oil (for cold use)
- Walnut oil (for cold use)
- Sesame oil

Vegetables (Non-Starchy)

- Leafy greens (e.g., spinach, kale, Swiss chard, arugula)
- Cruciferous vegetables (e.g., broccoli, cauliflower, Brussels sprouts)
- Zucchini
- Cucumbers
- Bell peppers
- Asparagus
- Green beans
- Mushrooms
- Onions
- Garlic
- Celery
- Radishes
- Cabbage

Vegetables (Starchy)

- Sweet potatoes
- Yams
- Winter squash (e.g., butternut, acorn, kabocha)
- Parsnips
- Carrots
- Beets
- Rutabaga
- Turnips

Fruits

- Berries (e.g., blueberries, raspberries, strawberries, blackberries)
- Apples
- Pears
- Bananas
- Oranges
- Grapefruit
- Kiwi

- Mango
- Papaya
- Pineapple
- Melons (e.g., cantaloupe, watermelon, honeydew)

Gluten-Free Grains

- Quinoa
- Brown rice
- White rice
- Wild rice
- Millet
- Buckwheat
- Amaranth
- Teff
- Gluten-free oats (organic and certified)

Beverages

- Water (filtered or spring)
- Herbal teas (e.g., chamomile, peppermint, rooibos, ginger)
- Coconut water (unsweetened)
- Green tea (if tolerated)
- Bone broth
- Freshly made vegetable juices (e.g., carrot, celery, beet)

Additional Tips

- **Read labels carefully** to ensure products are free from gluten, dairy, soy, corn, and other processed additives.
- **Cook from scratch** when possible to have full control over ingredients.
- Keep a food journal to track symptoms and identify possible reactions to specific foods.